

Cadet Programs Today

Bulletin for the Leaders of America's Finest Youth

July/August 2003

Spaatz Exam
Now On-Line

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Delaware, California cadets win at cadet competition

A drill team from Delaware and a color guard from California took top honors at CAP's National Cadet Competition held at Wright-Patterson AFB in Dayton, Ohio, June 25-29.

Competition was fierce, since the eight drill teams and eight color guards competing had advanced to the national event after winning at the local, wing and region levels.

"We were honoring America."

Incorporating nearly every facet of the Cadet Program, the NCC teams vie against one another in drill and ceremonies, physical fitness, academic knowledge of leadership and aerospace, and more.

But at its core, NCC celebrates sportsmanship and citizenship.

"I was a little disappointed we didn't get first place," said Michigan cadet Katie Broyles, "but I discovered that it's more than a competition. We were honoring America, and that's important to me. I really felt proud of what we accomplished and so did the rest of my team."

2003 NCC RESULTS		
	DRILL TEAM	COLOR GUARD
1st Place	MER / Delaware	PCR / California
2nd Place	SER / Puerto Rico	MER / National Capitol
3rd Place	GLR / Illinois	SER / Florida
Team Spirit	GLR / Illinois	NCR / Minnesota
Outstanding Cadet	Ian McGowan RMR / Colorado	Amy Her NCR / Minnesota

For full results visit www.cap.gov and click "Cadet Programs."

With special activities included commemorating the Wright brothers' accomplishments, NCC was designated an official event of the U.S. Centennial of Flight Commission's year-long celebration of powered flight.



Michigan squadron first to win new unit fitness award

The honor of earning CAP's first Squadron Physical Fitness Award belongs to Michigan's Van Dyke Cadet Squadron.

Seventy percent of their cadets reached the 60th percentile for their age and gender on the Cadet Physical Fitness Test (CPFT). That equates to 70% of the cadets meeting the CPFT standards for the Earhart Award.

In April, the CPFT was aligned with the President's Challenge, the most widely-used youth fitness test in America. In reaching the Challenge's 60th percentile, cadets in the Van Dyke squadron essentially out-performed 6 out of 10 youth in America in curl-ups, push-ups, a sit-and-reach, and a mile run or shuttle run.

Unit commander Major Pamela Paulin said her cadets love the new CPFT and the squadron physical fitness award program.

"My cadets really loved 'running for Spaatz.' They ate this opportunity up and have placed an idea for a physical fitness day through the CAC to have units enter teams at the different levels. I have never seen the cadets this eager."

Every cadet unit is eligible to enter the Squadron Physical Fitness Award program. The next opportunity to qualify for an award occurs in November. For more information, see CAPP 52-18, or visit www.cap.gov and click "Cadet Programs."

► For more CPFT news, see page 2

**"I have never seen
the cadets this eager."**

What's your cadet IQ?

Take the on-line Cadet Programs Officer Specialty Track Tests.
Visit www.cap.gov & click "Cadet Programs"



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Curt LaFond, Editor

Florida squadron produces on-line fitness test videos

The cadet physical fitness test procedures are now depicted on video.

Thanks to Florida's Coral Springs Cadet Squadron, members may now watch as three of the five test events – curl ups, push ups, and the sit-and-reach – are demonstrated on-line.

Visual learners especially will find the step-by-step instructional videos helpful.

The videos are an excellent resource for cadet leaders to use, along with CAPP 52-18, *Cadet Physical Fitness Program*.

To download the short videos, visit www.flcadet.com, click "Cadet Insider" and "Leaders of Cadets."

CACs ready for new term

Commanders change, so do their advisors.

It is almost time for the 2002-03 Cadet Advisory Councils to adjourn and make way for the 2003-04 representatives.

In conjunction with the summer National Board, CACs begin their one year term of office. This year, that occurs on 25 August.

Commanders should appoint one primary and one alternate representative using CAPF 2a's and forward them to the director of cadet programs at the next echelon.

Wing CAC representatives should be Mitchell Award recipients, region CAC representatives should be Earhart Award recipients, and national CAC representatives must be Phase IV or Spaatz cadets.

The CAC's mission is to provide their commanders with suggestions on how to improve the Cadet Program. A good CAC is an indispensable asset to a commander seeking the cadets' perspective.

By serving on CACs, cadets gain leadership experience at a higher echelon, thereby broadening their understanding of CAP as well as the dynamics involved in leading large organizations.

For more information about CACs, see CAPR 52-16, *Cadet Program Management*, chapter 3.

Web Extras

Our June 2002 Issue

- ▶ How to be an effective CAC representative
- ▶ Suggested checklist for beginning the term
- Visit www.cap.gov, click "Cadet Programs" & "Cadet Programs Today"

Viva Las Vegas

CAP National Board Aug. 25-27

Which Cadet Programs seminars will you attend?

- | | | |
|--------------------------------|------------------------------|-----------------------------------|
| Cadet Program Update | Director's Cross-Talk | Cadet Open Forum |
| Seniors as Shepherds | Using AE to Help Youth Learn | Leadership & Character for Cadets |
| Leading Nat'l Cadet Activities | Cadets as Commanders | DDR 101 |
| DDR Update | DDR: Fatal Vision | DDR: What's Your Drug IQ? |
| DDR: Middle School Initiative | | |

For details visit www.capnhq.gov and click "Conferences."

Spaatz exam now on-line

CAP's most challenging test battery, the Gen. Carl A. Spaatz Award exam, is now on-line.

Fundamentally, the exam for the 39-year old award remains unchanged, but effective 1 August, cadets will complete the leadership, aerospace, and moral leadership essay portions using a computer, versus paper and pencil.

CAP-USAF personnel will continue to proctor the exam and monitor cadets throughout the process, protecting the exam's integrity.

Of course, the fourth test in the battery – the physical fitness test – is still administered the "old-fashioned" way, through a sweat-drenched session of PT.

The on-line exam may be proctored at any location with an Internet connection – the state director's office, public library, school, etc.

Concurrent with moving the exam to an on-line format, all test questions have been carefully reviewed and edited as necessary. The multiple-choice aerospace exam is completely new and based on the *Aerospace: The Journey of Flight* text. Cadets also have entirely new choices for essay topics to test their written communication skills in a moral leadership context.

Helping the CAP-USAF test proctors through the new on-line processes is CAPP 52-13, *Spaatz Award Test Administrator's Guide*. To download the pamphlet, visit www.cap.gov, click "Cadet Programs" and "Updates."

Spaatz On-Line: The Benefits

- ◆ Cadets receive their leadership and aerospace test scores instantly.
- ◆ Multiple-choice and essay questions are randomized, making every test equally fair, but unique.
- ◆ HQ CAP can quality check the test better, ensuring it meets test construction standards.

HQ says farewell to Katchka

Phone HQ CAP with questions about cadet orientation flights and your call will likely be answered by Karen Katchka.

The Cadet Programs team is sad to say farewell to Karen, who is leaving CAP in August when her family relocates to Chicago.



An assistant program manager, Karen joined the Corporate Team in the spring of 2000. In addition to managing cadet orientation flight reimbursements, Karen helps juggle the logistical and administrative needs for over thirty national cadet activities.

One of her most notable accomplishments occurred in 2001 when she helped kick-off the revised free cadet uniform program, which is now fantastically popular.

Thank you for three years' hard work in support of 27,000 cadets, Karen. Good luck in Chicago!